Auxiliary Guide Number for March

THE LATTER-DAY SAINTS'

MILLENNIAL STAR

Established in 1840

"*For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round.*" Book of Mormon, 1 Nephi 10: 19.

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NECESSITY OF INDIVIDUAL SALVATION*

Elder James E. Talmage

of the Council of the Twelve

Among the many outstanding features of this conference one has appealed to me with unusual force, namely, the sustained note of jubilation—righteous jubilation and thanksgiving, I believe—over the progress of the Church, its growth, and, what is more, its development as shown in the facts set forth by statistics and other data, convincing us of the steady progress of this the Church of Jesus Christ. We have reason to be grateful; the results show it. But this joy and rejoicing has wisely been tempered by advice and counsel regarding our important duties. There has not been lacking the note of warning lest we fail in greater or lesser measure, lest we begin to retrograde rather than advance.

"Zion prospers"—is all well?

It is well to sing "Zion prospers;" pleasing to be able to chant "all is well;" and when we so sing in the spirit of thanksgiving and appreciation the Lord accepts our songs as praise. But it is possible for us to sing in another tone and speak the same words, chant the same melody, and yet be unacceptable unto the Lord. Indeed as I mention this, one of our popular songs, I call to mind that the very title of it was used by an ancient prophet by way of

*Address delivered at the closing session of the Ninety-ninth Semi-annual Conference, in the Tabernacle, Salt Lake City, Utah, U.S.A., October 7th, 1928.

warning unto the people. The prophet Nephi warned the people against lethargy and neglect, and pointed out that many were thus comforting themselves with the thought that they needed to do little or nothing, for all was well in Zion. Speaking of the wiles of the evil one, the devil himself, Nephi said:

> And others will he pacify, and lull them away into carnal security, that they will say: All is well in Zion; yea, Zion prospereth, all is well—and thus the devil cheateth their souls, and leadeth them away carefully down to hell. . . .
>
> Therefore, woe be unto him that is at ease in Zion!
>
> Woe be unto him that crieth: All is well!
>
> Yea, woe be unto him that hearkeneth unto the precepts of men, and denieth the power of God, and the gift of the Holy Ghost!

I would not place that pleasing song under ban, but when we sing it, let us sing it in the right spirit and not bring the woes upon ourselves for excusing our lethargy and our laziness by crooning: "Zion prospers, all is well."

THE MOMENTUM OF THE CHURCH

How much have I, how much have you contributed to Zion's prosperity, my brethren, my sisters? Let each one take the question to himself. Many are being carried by the resistless momentum of this great Church, this wonderful work—swept along with it. And they are rather a drag than a means of power or a source of energy. True, the mathematical principle holds that the whole is the sum of all its parts, and consequently the state or the condition of a community must be the algebraic sum of the several conditions of its individual members. But we are not always able to judge of the members separately by the condition of the community.

We are doing much now in seeking to improve the condition and the activities of our quorums, the quorums of the holy Priesthood; and we have some quorums whose records are good as compared with others. With totals of activities high, it may appear that the members are energetic and that they never before have accomplished so much. But look a little deeper and you may find that of a quorum of ninety-six Elders, sixteen perhaps have been doing the work and the other eighty have been carried along without much effort on their part.

The Lord has expressed Himself forcefully with respect to such conditions, in these last days. In the first section of the Doctrine and Covenants—I pray you read for yourself—after reciting His purposes and plans and the partial realization of such in the bringing forth of this Gospel in this age, He speaks of those who were charged with authority in that day to administer the affairs of the Church, those to whom these commandments were given, and explains that the commandments were given that His servants might have power to lay the foundation of this Church

and to bring it forth out of obscurity and out of darkness. Please mark His words: "The only true and living church upon the face of the whole earth, with which I, the Lord, am well pleased." But that is not the end of the sentence or paragraph: "With which I, the Lord, am well pleased, *speaking unto the Church collectively and not individually.*"

There lies a vital distinction. It is expressed but we often overlook it. It is a distinction that should be heeded in all our organizations within the Church, and without; the difference between the collective status or conditions or achievements and the work of the individual. A manufacturing plant may turn out a great total of product, it may have an immense output, and you may say that it is doing well; but examine the units, look into the machinery, not simply inspect it in a general way, but test, try every machine, every part; and you may find that not one mechanical unit there is doing more than fifty or sixty per cent. of what it could do, and yet the output is big.

A great acreage may result in a very large yield, but when you come to consider the yield per acre you may find that you are gathering only thirty or even twenty fold when you ought to have been reaping seventy and eighty and even an hundred fold.

We as individuals are not doing all that could be done, all that should be done. I have no concern for the Church as a whole; its destiny is foretold, it is going on to glorious victory. But that does not say that each of us who are members of the Church will go on to glorious victory; we may be left behind entirely. What are we doing individually? I repeat. The tithing system of the Church has been referred to in this conference. It is a marvel to the people of the world, but look into it and see our tithing record.

THE TITHING SYSTEM

The law of tithe as revealed of God is not being practiced by any other religious organization on the face of the earth, nor has it been since the restoration of the Gospel or during the time of the great apostasy. We say that the results in this Church are very impressive. They are, but are they what they should be? How much have you contributed to making the observance of the law of tithing acceptable to the Lord? I do not mean how much in pounds and pence, I do no believe that is the way in which tithing is recorded above. The recording angels may have a system of bookkeeping that is a little better than ours. How much have you contributed by way of paying the tithe, whether it be sixpence or a hundred pounds? For be it known that the one who pays with honest heart the sixpence tithe, if it be a true tithe, will rank higher on those books than the one who pays a thousand pounds when that is only a tenth of a tithe for him. What are we doing individually? I know what some are doing,

for they have told me. Some are very busy trying to find excuses in the matter of tithing as in other duties. Some come with strange questions: "Tell me please, ought I to subtract this or deduct that before I calculate the amount of my tithes?" Very seldom do I find it necessary to analyze the case and to give an answer direct. Sometimes I have smiled because I could see the perfidy of the questioner's coming to me for excuses, and I did not feel complimented. But I have given him a rule, and I venture to give it here. I have found it helpful myself, and I think that all may profit by it.

When you are in doubt as to just how you should calculate your tithes, reverse the terms as we sometimes do in solving complex mathematical problems, and suppose for the time being that the Lord had said this; let us postulate this as an assumed law given to the Church: "In order to show my love for my people, the faithful members of my Church, it is my will, saith the Lord, that each one shall receive from my storehouse, the storehouse of my Church, at regular intervals during the year, an amount equal to one-tenth of his income." Now my dear brother, sit down and calculate how much the Lord owes you under that kind of law, and then go pay it to your bishop!

CHURCHES AND MEMBERS OF CHURCHES

There is another phase of this distinction between individual and collective computation. The Lord was pleased with this Church in the day in which He spake as quoted, and He is pleased with it to-day as a Church; likewise He is pleased with a great many of its members; for there are many, many faithful members in this Church, men and women who are doing well nigh all they could do save for the imperfections of humanity. And the Lord is pleased with them; He is pleased with the Church, for it is progressing. There are churches with which He is not pleased.

We are ofttimes charged with being very exclusive, and we admit the charge; we are exclusive, but in a rational sense. How can we solemnly testify that this is the Church of Jesus Christ and then ascribe that same high title to other organizations that have been formed, not under the direction of Jesus Christ, but according to man's thought and plans? Some people say that we are illiberal because we do not admit that other churches are just what this Church professes to be. We admit that other churches are what they profess to be, when their profession is based on facts.

Now when we say that the Lord is not pleased with those churches, we do not mean that He is not pleased with the members thereof. We hold that God is no respecter of persons, but on the contrary that He will acknowledge good in any soul, no matter whether that person belongs to a church or not. But the Lord is not pleased with those churches that have been constructed

by men and then labeled with His name. He is not pleased with those doctrines that are being taught as being His doctrines when they are only the effusion of men's brains, undirected by inspiration and utterly lacking in revelation.

He has expressed Himself with regard to the churches that are built by man and has said they shall be overthrown. Indeed He has applied strong terms to some of those churches, or to church organizations in general, that have been brought into being by man. Read His words to John the Revelator. See what He means by the synagogue of Satan to which some of the people belonged. Read what He has said about the great and abominable church, the mother of abominations. The church as such may be wholly corrupt because of the false claims that are being made for it, and yet within that church as members there may be people who are doing their best. They have been deceived. As to the degree of culpability that will be charged up to them for their having become subjects of deception, we may not be able to judge.

CHURCHES OF MEN

But I do not understand that when the Lord states that those churches shall be overthrown—I mean the church of the devil, using His expression, and those that are making false claims, and shall be thrown into the fire, as He says—I do not understand that all members of those churches are to meet destruction, physically or otherwise. He is speaking there of the church collectively, and He is not pleased with it; but individually He may be well pleased with many of His sons and daughters who have been born under an environment that has led them into those churches which are not of God.

I feel that we should give attention to the individual unit. Wholesale farming is all right, but we do not always get the yield that we would get if we were to pay greater attention to each particular plant. And so with respect to members and membership in this Church. I trust that when the account shall be cast up, the Lord will be pleased with His Church, and I know He will be; but I hope that He will not be utterly displeased with me as a member; and I have the same wish with respect to every one of you, my brethren and sisters. But I pray you, be not content with the progress of the Church as an organization unless you are progressing with it, and not simply being carried along by it.

In brief reference to the olden parable: There are some who have just enough oil in their tiny lamps to show that they claim to belong to the organization, but their light goes out when a little trouble comes, a little persecution; and they walk in the light of the Church without individual light. I pray that the Lord shall be well pleased with His people individually, as I know He will continue to be pleased with His Church collectively; in His name: Amen.

HISTORIAN'S OFFICE
Church of Jesus Christ of Latter-day Saints

RELIEF SOCIETY

BOOK OF MORMON STUDIES

For the first lesson in March

At least one outstanding and important lesson is forcefully illustrated in Helaman, chapters 7 to 16 inclusive. The Lord has reiterated it many times and in many ways. It is this: God is no respecter of persons. He did not bless the Nephites merely because they were descendants of Lehi. He prospered them because they were more righteous than their Lamanite brethren—because they more strictly observed His commandments. In this lesson we see, however, that the tables were turned—the Lamanites actually became the more righteous people, and consequently more favored of God.

An unprecedented occurrence happened: The Lamanites actually sent missionaries to convert the Nephites to the Gospel of Christ. The Lamanites were commended and rewarded for righteousness, while the Nephites were rebuked and admonished for doing evil.

The Lord has no "chosen people," save those who heed His words and who "choose" Him; He has no covenanted people save those who keep covenants with Him. This applies to Latter-day Saints to-day. Mere membership in the Church is not a saving grace unless it is coupled with righteousness and continued good works.

QUESTIONS

1. According to Nephi, why would it be better for the Lamanites in the day of judgment than the Nephites, unless the latter repented? Discuss. See Helaman 7: 23-25.

2. In those days as in these, there were some corrupt judges and politicians. By what means was Nephi able to confound them? Is this gift of God operating in this Church to-day? Discuss.

3. Were the corrupt Nephites convinced by the miraculous revelations of the Lord through Nephi? Are corrupt people ever convinced by signs and wonders?

4. What caused the Nephites to again turn temporarily to God? What type of repentance is this? Do you think the Lord is pleased with such forced temporary repentance? See chapters 10 and 11.

5. By what shall men be judged in the hereafter? Discuss the omnipotence of God as set forth in chapter 12.

6. What was peculiar about Samuel the Lamanite prophet testifying to the Nephites? Tell his story and give the burden of his message.

R. L. E.

WORD OF WISDOM LESSONS (No. 3)

For the third lesson in March

The Five Factors of Physical Fitness

Good Health depends upon many factors which may be grouped

for convenience under five general divisions. A person in health must have fresh air, clean water for drinking and bathing, exercise, sufficient play, sleep, and good food. There are other factors of health, notably those pertaining to mental hygiene, but they will be considered later. If any one of these factors is insufficient in amount or poor in quality the body will suffer to that extent and good health will be impossible.

1. *Air.* Man is a fresh air animal. He was made to breathe the oxygen of the air, and cannot live without its cleansing action. Every act of life causes countless body cells to be destroyed; these worn-out cells are taken up by the blood stream and carried to the different organs of elimination. Much of the impurity is carried to the lungs where the blood is purified by the air which is taken into the lungs with every breath. There the oxygen of the air is used to remove the impurities of the blood, and an injurious gas—carbon dioxide—is formed and breathed back into the atmosphere. It has been estimated by scientific experiments that each individual to be supplied with the needed oxygen, must have access to 3,000 cubic feet of air per hour of life. This amount is the minimum; less than that causes bodily derangement.

For that reason it is essential that rooms in which human beings live and sleep must have means provided for complete ventilation; otherwise health becomes impaired. Tuberculosis and other lung diseases are the result largely of unsanitary living conditions where there is imperfect access of free, fresh air. A healthy human being may live for weeks without food, for days without water, but only for a few minutes without fresh air.

2. *Water.* About two-thirds of the body weight is water. All the processes of living, including digestion, depend upon the circulation of liquids freely within the body. "It has been estimated that an average size man loses by means of the lungs, skin and kidneys, about 80 ounces of water every twenty-four hours; and as this loss has to be made good, it follows that about four pints (eight glasses) must be taken daily."* This should be taken largely between meals and not more than a glass at a time. It should be taken slowly and whether or not one feels thirsty, for the need is there even though not recognized.

Most people are unaware that many of their physical discomforts, including "hacking coughs" and frequent colds, are a result of an insufficient supply of liquids as a part of their daily dietary. The liquid that can best serve nature's need is that given freely by the Maker of our earth: Pure water, rightly called "Adam's ale"—and the only "*ale*" that Adam's descendents should ever have!

(*Continued on page 105*)

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*From *A Text Book of Hygiene*, by H. Rowland Wakefield.

THE LATTER-DAY SAINTS' MILLENNIAL STAR

THURSDAY, FEBRUARY 14, 1929

EDITORIAL

WORD OF WISDOM LESSONS

The Word of Wisdom is one of the subjects studied monthly by the Relief Society. The specially prepared lessons on this subject will appear throughout the year in the Auxiliary Guide numbers of the *Star*. It is recommended that these lessons be read by all who have access to the *Star*. The restored Gospel of Jesus Christ provides for the maintenance of bodily health. The human body is sacred; it is a temple in which dwells an immortal spirit; through this body the eternal intelligence speaks, and upon its condition the power of spiritual expression measurably depends. Every Latter-day Saint should safeguard his physical as well as spiritual health, and maintain his body in the most serviceable condition.

The law known as the Word of Wisdom includes every principle concerned in man's physical welfare. It sets forth that which must be avoided and that which must be done to preserve human health. There are Word of Wisdom "do's and dont's." With a scope so vast, the lessons offered the Relief Society will of necessity be confined to a few, but very important, aspects of the Lord's law of health.

The Word of Wisdom has been before mankind in this generation for nearly one hundred years. During that time human learning has made immense strides. In the field of human health a mass of new knowledge has been obtained. It strengthens the testimony of Latter-day Saints to know that every new, sound scientific discovery regarding the maintenance of health fits into the teachings of the Word of Wisdom. It is an incontrovertible evidence of the prophetic power of Joseph Smith.

Just as surely as modern scientific research has confirmed the truth of the Word of Wisdom, so will the promises made to those who obey this law come true: They

> Shall receive health in their navel and marrow to their bones;
>
> And shall find wisdom and great treasures of knowledge, even hidden treasures;
>
> And shall run and not be weary, and shall walk and not faint.
>
> And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them.

We should inform ourselves concerning this law, obey it and win the promised glorious reward.—W.

RELIEF SOCIETY

(*Continued from page 103*)

Bathing the body at frequent intervals assists nature in removing body impurities which are thrown off through the pores of the skin.

3. *Exercise.* The so-called "curse" that was placed upon Adam when he was expelled from the Garden of Eden—"In the sweat of thy face shalt thou eat bread"—is in reality his greatest earthly blessing. When the body undertakes muscular exertion of any kind the blood moves more freely, more of the bodily impurities are eliminated by the skin and lungs, and the life-giving process of repair is made possible. Indeed, life may be defined as *motion*; when the body comes to a state of complete rest, death is the result.

In general, with other factors being favourable, one may say that a man's health depends upon the amount and the regularity of his bodily activity—always, of course, avoiding undue fatigue or unnecessary strain. As the body exercises, the lungs expand, fresh air is inhaled, all life processes are stimulated; man is conforming to the law of his physical being. All exercise must be regular and systematic, and as much as possible in the open air—always in well ventilated rooms.

When any part of the body is not used sufficiently and regularly, it gradually wastes away by a process of degeneration. Stagnation means disease and death to man—witness a pool of once fresh water. Wise and sufficient exercise is a secret of strength. One may overwork, but it is usually worry and lack of sleep that produce the ills attributed to overwork. The wise man is he who heeds his Maker's great command!

Play. Man must also have some form of recreation or play. Rightly planned and taken, play, if not to excess, nor injurious to the body, helps to keep the human machine in good running order. "All work and no play makes Jack" dull indeed—and Jill also.

4. *Sleep.* Every act of life, whether conscious or unconscious, destroys countless cells of the body, which are constantly undergoing waste and repair. The presence in the body fluids of an undue number of these worn-out cells, produces the sense of fatigue, and acts in the body as poisons. "If these accumulate at a greater rate than the blood and lymph can wash them away, the cells of the body are thrown out of gear."*

The organs of elimination dispose of much of this worn-out material, but nature has provided a means whereby the repair of

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**The Functions of the Body*, by V. H. Mottram, professor of physiology in the University of London.

torn-down tissue caused by the heat and stress of the day may be consummated. This is the time when the body sleeps.

Sleep is of immeasurable importance, because it is then the brain and nervous system are restored to normal power. "When it is remembered that the brain and spinal chord contain probably some 3,000 millions of nerve cells, we get some idea of the immensity and complexity of the nervous system generally and consequently the serious results which must follow when, through exhaustion, its natural efficiency is impaired."* The time for renewal of this intricate mechanism comes only during sleep.

The amount of sleep varies with the age, sex or environment of the individual. Certainly, for the normal adult seven hours out of every twenty-four is the *absolute minimum*, and eight hours should be taken. Children and young people growing toward maturity need much more than the adult. A shorter period may seem for a time to satisfy the demands of nature, but sooner or later, health will be impaired because of the lack of sufficient body repair. Nature's bills may remain unpaid for a period of months or years, but she demands payment sometime, and usually with heavy interest.

Again a comparison may be made: Man may live for weeks without food, but in a very few days without sleep he will die as though suffering from actual poison.

5. *Food.* The fifth factor of health, the food intake of the body, will form the basis of our study in the remaining lessons of this course. For that reason it will be noted here only as probably the chief factor of all for health or disease.

QUESTIONS

1. Why is it not possible for a person to obey one rule of health and while disregarding all others, keep healthy?

2. Why does the human machine need fresh air? What happens when the necessary amount is denied?

3. Does the body need fresh air at night as well as in the daytime, and if so, how much? What about "night air," and how should it be obtained?

4. Explain why the body needs water, and how much. What is your own daily intake of fluid? Are you on the safe side? Is the fact that one doesn't crave water a sign that it is not needed? Why?

5. Is work a blessing or a curse? Why? What happens to any part of the body that is not used? What is the lesson to be learned thereby?

6. What happens to the body during sleep? Why is it criminal for one, especially children and young people, to be denied the sleep they need?

7. What in your opinion is the most important health factor, and why?

L. D. W.

**Nerves and the Man*, by W. Charles Loosmore, M.A.

BRITISH SONG WRITERS OF ZION

For the fourth lesson in March

John Jaques

Just over one hundred years ago John Jaques was born in central England. He was reared in humble circumstances, yet was early taught and understood the value in life of strict adherence to Truth. Hence when he became acquainted with its teachings, he recognized its beauty and its need to insure a rich journey through life. His experiences are most dramatic and the events of his life read like a story. His integrity was always unquestioned and for that we honour him.

During the years 1869 to 1871, Brother Jaques laboured as assistant editor of the *Miltennial Star*, and while so engaged wrote many poems of touching quality, as well as prose contributions of great value to the people. Indeed, throughout his life his pen was used to make immortal his choice thoughts.

His conception of life and its claim upon man is told in his hymn "The Silver, Gold and Precious Stones." (*Latter-day Saint Hymns*, No. 295.) It is worth reading and study. He was always keenly interested in the welfare of the youth of Zion. He gave much time and thought to their advancement in the cause of righteousness. His hymn "Our Father, in the Sacred Name of Jesus Christ" (*Latter-day Saint Hymns*, No. 130), expresess this deep concern. His interest in temple work and redemption for the dead is expressed in his hymn "Come, All Ye Saints Throughout the Earth." (*Latter-day Saint Hymns*, No. 141.) This is a particularly appropriate hymn for all interested in genealogy to learn, to sing and to heed. Did he foresee the day when we should have temples to the Most High in every land?

One of the greatest hymns in any language is his classic "O Say, What Is Truth?" (*Latter-day Saint Hymns*, No. 191.) It should be learned and "sung by heart" by every Latter-day Saint.

QUESTIONS

1. From the February 21st number of the *Star* or any other available source of information find out all you can about the life story of John Jaques and tell to the class.
2. What, in your opinion, is the distinguishing trait of his character? How was it reflected in his life?
3. Tell the dramatic story of the "Hand-cart Pioneers."
4. Tell the circumstances of anyone you may know who has made as great a sacrifice for truth as did John Jaques.
5. How does it make you feel to know that such valiant defenders of truth are natives of your homeland?
6. Discuss the truths found in "Come, All Ye Saints Throughout the Earth."
7. Tell how he left on record his anxiety for youth. Recite his hymn on that subject. What prose work did he write for children?
8. Unite in singing "O Say, What is Truth?" *by heart*.—L. D. W.

SUNDAY SCHOOL

EACH BRANCH during the year has four open Sundays, two for District conferences and two for branch conferences, for which no lessons are assigned. Consequently, one open Sunday is allowed this month, as will be done each quarter, to allow each class to adjust the lessons to conference Sundays.

LESSON OBJECTIVES:

THEOLOGICAL DEPARTMENT. Course: *Old Testament "C."*

March 3. Lesson 9. Objective: To show that the spirit of prophecy was the inspiration for Joshua's selection and for his successful career.

March 10. Lesson 10. Objective: To teach that in all walks of life obedience is essential that men may learn to govern themselves through righteous living; that wicked people who do not trust one another clamour for despotic rule.

March 17. This or a corresponding Sunday has been left vacant to allow adjustment for District conference, otherwise continue with the next lesson.

March 24. Lesson 11. Objective: To teach that obedience overshadows sacrifice; and to hearken to the commandments of God is more precious "than the fat of rams."

March 31. Lesson 12. Objective: To teach in a review, how the Gospel, if we respect it, causes us to lead a purposeful life.

INTERMEDIATE DEPARTMENT. Course: *New Testament "A."*

March 3. Lesson 9. Objective: To show how a testimony of the divinity of Jesus and the truth of His Gospel is obtained by obeying His teachings and following His example.

March 10. Lesson 10. Objective: To teach that through faithful obedience to the teachings of the Saviour, we are better able to understand His power and divinity.

March 17. Lesson 11. Objective: To teach that the Spirit of God can and will dwell only in a clean mind and body.

March 24. No lesson is prepared for this day. See above.

March 31. By reviewing the quarter's work, impress upon the pupils the importance of following the precepts and teachings of the Master.

PRIMARY DEPARTMENT. Course: *Primary.*

March 3. Lesson 9. Objective: To teach that the blessings of the Lord come to those who worship Him and faithfully serve Him.

March 10. Lesson 10. Objective: To show that unselfishness is always admired and usually brings its own reward.

March 17. Lesson 11. Objective: To show how implicit obedience to God brings great blessings.

March 24. Lesson 12. Objective: To teach that comfort and protection comes through the exercise of the privilege of prayer and by submission to the will of our Heavenly Father.

March 31. This Sunday is left open to enable teachers to catch up on the lesson missed on account of the District conference. See above.

A. G. P.

MUTUAL IMPROVEMENT ASSOCIATION

PRELIMINARY PROGRAMS. *First Night.* Opening exercises. Introduction to the slogan. Have some one give a brief, interesting synopsis of one of the Reading Course books suggested in the last *Guide*, to stimulate a desire to read the book.

Second Night. Opening exercises. Introduction to the slogan. Give a "snappy" health talk on: "How I can improve my working conditions by more strict obedience to the teachings of the Gospel." (See the *Gospel and Health.*)

Third Night. Opening exercises. Introduction to the slogan. Ask your branch M. I. A. Musical Society to prepare and render one or two numbers. (See February *Guide.*)

Open Night. Opening exercises. Introduction to the slogan. There is a vital need in many branches for added facilities incident to play production. The production of drama, while playing an important role in the Mutual Improvement Association recreational program, has been hindered by a lack of equipment. To rehabilitate a shabby stage, to construct suitable footlights, or to repair or replace worn curtains needs a little cash and much ingenuity. Wouldn't it be splendid to present your future dramas under more favourable conditions? It is possible, through presentation of various entertainments, to raise sufficient means to provide for your needs. The District President may be able to help you. Use your initiative!

For the programs, present a minstrel show and other attractive performances. Black face comedies, well played, usually please. (For a list of dramas, see the catalogue of Abel Heywood and Sons, Ltd., 47 Lever Street, Manchester). Having tried it, you will be surprised at the results. Advertise; invite your neighbours; stir and push until all fully understand the purpose of the movement.

SLOGAN: "We stand for LAW: For the people who LIVE it and the officers who ENFORCE it."

First Night. Natural Law. Meaning of Natural Law: Natural laws are the signals of God's existence. How does the orderly manipulation of natural law testify of God?

Second Night. Necessity of Natural Law: Nature is the eternal workshop. God is not nature any more than the mechanic is the

machine he contrives and operates. How does God bring about His eternal purposes by the use of natural law?

Third Night. The Effect of Obedience to Natural Law: How does mankind make great achievement by obedience to natural law? For example, how are scientific discoveries related to obedience to natural law?

Fourth Night. Important Natural Laws: Briefly discuss the importance of the law of gravity. Is this law utilized in some manner in the establishment in which you are employed?

LESSONS. Text: *Spiritual Growth.*

First Night. Chapter 15. Objective: To teach that to visit the poor kindles pure religion in the heart which is both food and drink for spiritual development.

Second Night. Chapter 16. Objective: To show how divine compassion, through the redemption offered by the atonement of Jesus Christ, should teach mankind love for humanity, begotten by service, in willing obedience to the commandments of the Saviour.

Third Night. Chapter 17. Objective: To teach that "charity suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, hopeth all things, endureth all things." (See Book of Mormon, Moroni, 7th chapter.)

A. G. P.

BEE-HIVE ORGANIZATION

COOPERATION: "I love the Bees. I recognize the power of that unseen Spirit of the Hive to which each Bee responds. To work in harmony with that Spirit—loving girlhood, honouring womanhood, guarding motherhood, working in joy to-day, and with faith turning my eyes towards the future—herein lies my Bee-Keeper's service and its recompense."—Bee-Keeper's Book.

In these simple and beautiful words lie the foundation of the entire Bee-Hive program: Service to fellow beings. The aim of every Bee-Hive girl must be to strive diligently to guard and develop the life-treasures which her Father in heaven has given to her.

Love and unity form the "Spirit of the Hive." Through faith in God and in one another, and in helping one another, we make active the "Spirit of the Hive." The Bee-Keeper loves her Bees; and the Bees love their leader. They work as one always in their love for humanity.

The Bee-Hive girls should gather all the beautiful ideals of their particular swarms, and, by mixing them, make a huge bowl of "Cooperation Porridge," of which each Bee should heartily

partake daily. This delicious "food" will bring happiness, increased activity and a fuller appreciation of life's purpose, the actual aim of the Bee-Hive work.

How It Works. Several questions regarding programs have been asked. The Bee-Hive group should meet, wherever possible, with the Mutual Improvement Association. If this is inconvenient, the meetings may be held before or after any regular session, or at a time most suitable to the girls themselves. When held with the Mutual, the M. I. A. class convenes for the first forty minutes, and then separates for the individual M Men and Bee-Hive classes for the following half hour. Classes should be opened and closed promptly. A suggested program is outlined in the September, 1928, issue of the *Guide.*

The following important matters should occupy the time of Bee-Hive meetings: The probationary requirements and their fulfilment (*Hand Book*, Page 13); lesson and requirement outline (*Hand Book*, Page 27); discussion of problems, plans for improvement of the Swarm; discussion of difficulties in filling cells, and means of making them simpler. Allow time for girls to present certain public numbers necessary to fill particular cells; arrange for filling cells by taking part in the M. I. A. preliminary programs; and outline the various fields of activity as contained in the Bee-Keeper's Book. One of the finest ways of keeping unity of purpose in the Hive is to have something definite and tangible on which to work. A complete and consecutive program extending over a period of months should be planned, so that at no time will there be a slump in Hive activity or a loss of Swarm enthusiasm. Start preparations for a rousing "Good Health" social in March at which only those refreshments are served that are consistent with the teachings of the *Gospel and Health.* Following this, lay your plans for a rousing open-air party, or a rollicking "field outing," at Easter-time. It is hoped that these few suggestions will prove helpful in making Bee-Hive Swarms happy and extremely successful.

Typical Bee-Hive Program. (See Chapter 2, Bee-Keeper's Book.)

1. Roll call. (By Bee-Hive name; may also call for cells filled during the week and reported certificates.)
2. Reading minutes of previous meeting.
3. Song practice.
4. Repeating of "Spirit of the Hive" or any required selection. (May be done as a relay.)
5. Business of the day. Guides for cell-filling, program of Structural cells, or special program.
6. Social game, stunts, rounds, posture drills or any other desired activity
7. Closing exercises. Pledge to the flag, taps, prayer, or reassemble with the M Men for M. I. A. dismissal.

A. G. P.

THE CLASSES IN GENEALOGY

EXCELLENT WORK is being done by the genealogical classes now organized in more than half of the branches of the British Mission. The classes have studied the booklet of eleven chapters, entitled: *Lessons on Salvation for the Dead, Genealogy and Temple Work.* Since the classes were not all organized at the same time, they have not made equal progress in the lessons. Those that are about to finish the booklet may take as their text for study the excellent series of forty lessons prepared by Elder Archibald F. Bennett, Secretary of the Genealogical Society of Utah, entitled: *Seeking After Our Dead.* These books may be ordered from the Mission Office.

Before leaving the present course of study it would be profitable to review the lessons thoroughly. One or two sessions could also well be given to a study of the special genealogical issue of the *Star*, to be published within a few weeks.

The classes should begin early to do practical work in genealogy. Each member should assemble all available information concerning his family; or if none is available, assist another member of the class. While each one should feel responsible for his own family, the work is wholly unselfish, and we should not hesitate to help others who may be in need.

It is hoped that in the near future a plan may be put into operation by which Church members living in the mission may exchange genealogical assistance for genealogical assistance with other members in the mission, and for temple work with members in temple districts. Full details will appear in the *Star* when the plan is ready for launching.

We stand at the Climax of the grand World Drama. Noble men of God in all past ages, our faithful fathers, have obtained promises from God that in the latter times their children would be given power and authority to do a work for them which would enable them to gain exaltation. Since the coming of Elijah the prophet, God has performed His part of the covenant by restoring the Priesthood to us and initiating vicarious work for the dead. Our responsibility and duty is to prepare or obtain genealogies of our forefathers, and perform in the temples the promised work in their behalf. (*Seeking After Our Dead*, page 13.)—W.

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FOR SALE IN ALL THE DISTRICTS OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS IN GREAT BRITAIN

AUXILIARY GUIDE SUPPLEMENT

This supplement is presented to you in the hope that an active participation in the teachings of the Word of Wisdom may be incorporated into the life of every reader. The members of this Church should be the healthiest, the happiest, as well as the best-living people on earth. If put to the test, how should we "measure up?" Each must answer for himself.

To know a thing or to know how it should be done is only half important—to *live* the truth is as important as to *know* the truth.

HEALTH HINTS FOR DAILY USE

1. *Air*: "Well begun is half done" is an old adage. To begin the day, after the prayer for guidance, stand before an open window and take an extra portion of fresh air. Lift the arms to the sides of the body, and as the breath is taken in, lift the arms to the sides of the head. Fill the lungs to their utmost capacity. As the breath is slowly exhaled, lower the arms to a horizontal position. Repeat ten times.

For a night cap: Take the same exercise before retiring to bed.

2. *Water*: While dressing in the morning, drink, at intervals, three glasses of warm—not hot—water. This assures a bath for the faithful internal organs of the body. Lemon juice will be found very beneficial, though it should be taken without sugar. During the day enough water should be taken to supply the daily body need of eight glasses. some of this liquid may be taken at meals, though the food should never be "washed down."

3. *Exercise*: If the daily work does not supply out-door exercise, try and enjoy some out-door breathing, even though it be on the journey to and from work. Those whose work keeps them indoors should plan so that some time may be spent every day in the open air. Walking briskly with head erect, chest out, is a good exercise—and costs nothing but a little grit and determination. Try to *enjoy* the daily work and feel blessed in the doing of it. Work as exercise is truly one of life's greatest blessings.

4. *Sleep*: Nature's sweet restorer is sleep; and blessed is the man who has earned a night's repose. Take the "night cap" prescribed above and be sure that you have full and free access to fresh air in the sleeping room all night long. Insist on the needed amount for children and young people, and know that to be robbed of sleep is to lose a precious treasure. Sleep is fundamental to health.

HEALTH RECIPES

The following Word of Wisdom recipes (embodying the teachings of the latest food wisdom) are submitted for your use in the home or for social gatherings.

Hot Fruitade. Wash four oranges (six if small), one lemon, one grapefruit. Grate into a bowl the yellow rind of each (being careful that none of the white is taken). Squeeze completely the juice from each, over the grated rind. Boil two quarts of water with one-half pound of light brown

sugar. Pour into bowl with fruit juice, bring to boil, strain, and serve with very thin slices of lemon in each glass.

This will serve sixteen small portions, or ten large ones.

VARIATIONS

Mint Fruitade. Into each glass place a spray of mint, or a bit of dried mint. Pour over it the boiling drink. Let it stand a few minutes, remove the mint, strain if necessary, and serve.

Dainty Fruitade. Mix some raspberry or black currant juice with the drink—to give an added flavour and dainty pink colour. Serve.

Ginger Fruitade. Boil a bit of ginger root with the water and sugar. Place a little minced, candied or crystalized ginger in each glass and pour over it the hot drink. Serve.

We drink your health—one and all—in a real Health Drink!

Whole Meal Cookies. Three eggs, well beaten; one and a half cups light brown sugar; one cup dripping (or margarine or butter); two-thirds cup milk; two cups whole meal flour; one cup plain flour; three teaspoonsful baking powder mixed well with flour; two-thirds cup seedless raisins; two-thirds cup chopped nuts; one and a half teaspoonsful vanilla or lemon. If desired, one teaspoonful ground cinnamon and one-quarter teaspoonful ground cloves may be used. Drop small spoonsful on greased pan and bake slowly twenty to thirty minutes. Makes about thirty cookies.

L. D. W.

MUTUAL IMPROVEMENT ASSOCIATION

A NOVEL M. I. A. INVITATION is here shown which may be used for any social gathering. (From Rohrbough's *Handy Manual*).

SONGS
GAMES
PLEASE
ACCEPT THIS INVITATION & START YOUR PREPARATION FOR A JOYFUL CELEBRATION IN THE FUN AND RECREATION WITH A HAPPY AGGREGATION AT
ENJOY PARTICIPATION
STUNTS
FRIENDS

Name of Party.....
Place.....
Time .....
Admission .....

Printed copies of this invitation for your parties can be had at the European Mission Headquarters, 295 Edge Lane, Liverpool, price 4s. per 100.

A. G. P.